



# JUNE 2016

**Maryland WIC**  
Better Nutrition Brighter Future

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Anne Arundel Services:</b> <ul style="list-style-type: none"> <li>☎ BF Classes</li> <li>☎ BF Support Groups</li> <li>☎ 1-on-1 consults with Breastfeeding Peer Counselor or the Lactation Consultant</li> </ul> <b>For more information:</b> <a href="http://www.aahealth.org/pdf/breast-feeding-resources.pdf">http://www.aahealth.org/pdf/breast-feeding-resources.pdf</a>		<b>To Contact a Breastfeeding Peer Counselor near you or the Breastfeeding Coordinator:</b> (410) 222-6797  <b>For Breastfeeding support:</b> (410) 222-0085 {English} (410) 222-0139 {Spanish}	<b>1</b> Annapolis Getting Started with Breastfeeding 5 – 6 pm	<b>2</b> North County Breastfeeding Support Group 9:30 am - 11:30 am	<b>3</b> Annapolis Breastfeeding Support Group 9:30 am - 11:30 am	<b>4</b>
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>  North County Getting Started with Breastfeeding 5-6 pm	<b>9</b>	<b>10</b> Annapolis Breastfeeding Support Group 9:30 am - 10:30 am Annapolis Getting Started with Breastfeeding 11 am - 12 noon	<b>11</b>
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b> North County Breastfeeding Support Group 9:30 am - 11:30 am	<b>17</b>	<b>18</b>
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b> North County Getting Started with Breastfeeding 5-6 pm	<b>23</b>	<b>24</b>	<b>25</b>
<b>26</b>	<b>27</b>	<b>28</b> North County Getting Started with Breastfeeding 10:30 am – 11:30 am	<b>29</b>	<b>30</b>		



# JULY 2016

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b> <b>Annapolis Getting Started with Breastfeeding</b> 5-6 pm	<b>7</b> <b>North County Breastfeeding Support Group</b> 9:30 am - 11:30 am	<b>8</b> <b>Annapolis Breastfeeding Support Group</b> 9:30 am - 11:30 am	<b>9</b>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b> <b>North County Getting Started with Breastfeeding</b> 5-6 pm	<b>14</b>	<b>15</b> <b>Annapolis Breastfeeding Support Group</b> 9:30 am - 10:30 am <b>Annapolis Getting Started with Breastfeeding</b> 11 am - 12 noon	<b>16</b>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b> <b>North County Breastfeeding Support Group</b> 9:30 am - 11:30 am	<b>22</b> <b>Annapolis Breastfeeding Support Group</b> 9:30 am - 11:30 am	<b>23</b>
<b>24/31</b>	<b>25</b>	<b>26</b> <b>North County Getting Started with Breastfeeding</b> 10:30 am – 11:30 am	<b>27</b> <b>North County Getting Started with Breastfeeding</b> 5-6 pm	<b>28</b>	<b>29</b> <b>Annapolis Breastfeeding Support Group</b> 9:30 am - 11:30 am	<b>30</b>



# AUGUST 2016

**Maryland WIC**  
Better Nutrition Brighter Future

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Anne Arundel Services:</b> <ul style="list-style-type: none"> <li>☎ BF Classes</li> <li>☎ BF Support Groups</li> <li>☎ 1-on-1 consults with Breastfeeding Peer Counselor or the Lactation Consultant</li> </ul> <b>For more information:</b> <a href="http://www.aahealth.org/pdf/breast-feeding-resources.pdf">http://www.aahealth.org/pdf/breast-feeding-resources.pdf</a>				<b>To Contact a Breastfeeding Peer Counselor near you or the Breastfeeding Coordinator:</b> (410) 222-6797  <b>For Breastfeeding support:</b> (410) 222-0085 {English} (410) 222-0139 {Spanish}		
	1	2	3 Annapolis Getting Started with Breastfeeding 5-6 pm	4 North County Breastfeeding Support Group <b>"Special Edition"</b> 9:30 am - 11:30 am	5 Annapolis Breastfeeding Support Group <b>"Special Edition"</b> 9:30 am - 11:30 am	6
7	8	9	10 North County Getting Started with Breastfeeding 5-6 pm	11	12 Annapolis Breastfeeding Support Group 9:30 am - 10:30 am	13
14	15	16	17	18 North County Breastfeeding Support Group 9:30 am - 11:30 am	19 Annapolis Breastfeeding Support Group 9:30 am - 10:30 am Annapolis Getting Started with Breastfeeding 11 am - 12 noon Annapolis	20
21/28	22/29	23 North County Getting Started with Breastfeeding 10:30 am – 11:30 am 30	24 North County Getting Started with Breastfeeding 5-6 pm 31	25	26 Annapolis Breastfeeding Support Group 9:30 am - 11:30 am Annapolis	27